



Workshop in Kilmarnock Spiritualist Church

# NARRATIVE



# VOICESCAPES

Sunday 26 June 2022

11.00 am - 13.00 pm

£10

## About the Coach

My name's Katerina Binova-Barbour, the founder of Sing Like a Lark holistic voice coaching. I am a fully qualified group voice therapist, certified by the British Academy of Sound Therapy in 2021.

## Narrative Voicescapes

This **unique voice group therapy session** is designed to help us let go of old narratives and replace them with the ones that resonate with our deepest longing for living a happy, healthy and fulfilling life.

During the therapeutic session, we use different vocal sounds to express the feelings and emotions that make these experiences so important for us. In other words, we don't need to use words to "tell a story". Instead, we can release the emotional charge that they carry.

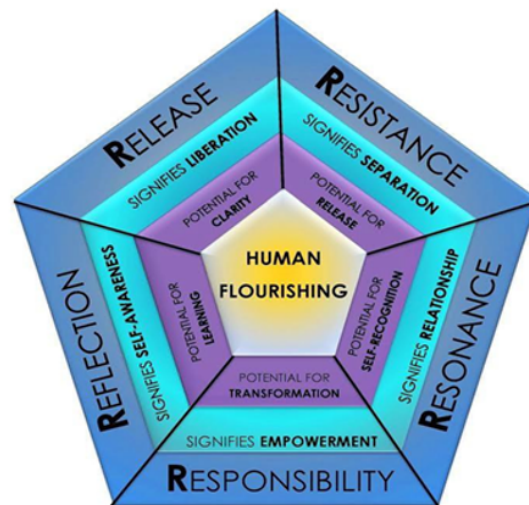
## Some Stories Make Us Stuck

When the stories we tell to ourselves and others no longer serve us we can feel stuck.

We can discover that our own beliefs about the past or our fear of the future cause us to stop growing and expanding.

However, if we find the courage to question our stories then we also have the chance to stop repeating old, unwanted patterns.

Ultimately, we are capable of changing our perspective and create new interpretations that serve us better. The new story becomes more life-affirming and self-nurturing.



5 Rs Model

The BAST scientific method is based on a person-centred, therapeutic process. It uses the 5Rs Experiential Processing Model to ensure the best therapeutic outcomes.

## How to Register & Pay

If you would like to register, please send an email to [kate@singlikealark.com](mailto:kate@singlikealark.com), or call me on +44 **07787 446 450**.

After the registration, you can pay **£10** directly to my business account. Then I'll send you a **confirmation email** to secure your space.

Bank transfer to:  
Growth Inside Out Ltd  
Account number: 00485033  
Sort code: 80-06-64

Please write "workshop" and your name.